



## BÖLÜM 30

### BAŞ AĞRISI TEDAVİSİNDE BESLENME YAKLAŞIMI

Hilal TAŞTEKİN TOZ<sup>1</sup>

*“Bütün hastalıklar bağırsakta başlar.”*

*–Kos Hipokratı (Hippokrate s ho Kóos: C. 460–c. 370 M.Ö.)*

#### GİRİŞ

Migren ve diğer baş ağrıları tüm toplumlarda en sık rastlanılan nörolojik hastalıklardır ve çok yönlü değerlendirmelere sıklıkla ihtiyaç duyulur. Modern tıbbin kurucusu kabul edilen Hipokrat'ın da konuya dikkat çekmiş olduğu gibi beslenme tek sebep olmasa da düzeltilebilir ve etki oluşturulabilir en önemli başlıklardandır. Bu bölümde baş ağrısında beslenme konusu hem sebep hem de tedavi anlamında detaylıca incelenecektir.

#### BAŞ AĞRISINDA BESLENMENİN ETKİLERİ

Uluslararası Baş Ağrısı Birliğinin 2018 yılında yayınladığı 'Uluslararası Baş Ağrısı Sınıflandırması, 3. Baskı ( ICHD-III)' ya göre baş ağrıları;

Primer Baş ağrıları (Migren, Gerilim Tipi Baş ağrısı, Trigeminal Otonomik Sefaljiler, Diğer primer baş ağrıları) Sekonder Baş Ağrıları olarak gruplandırılır (1).

Baş ağrısında gıdaların rolü 1900'lü yıllardan beri araştırmalara konu olmuştur. Özellikle Migren tipi Baş ağrısında %12-%60 arasında değişen oran-

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farklı etkiler oluşturabilmektedir. Uyku, egzersiz, stresle baş etme yöntemleri gibi yaşam koşullarının düzenlenmesinin olumlu etkileri bulunmaktadır. Diyetin düzenlenmesi ise bireyselleştirilmiş tedavi yaklaşımları oluşturmada son derece önemlidir. Mevcut çalışmalar beslenme yaklaşımlarının önemi üzerine çok değerli bilgiler sağlamış olmakla beraber baş ağrısı tiplerine, etyopatogenez ve epigenetik unsurların etkisine yönelik daha fazla araştırmaya ihtiyaç duyulmaktadır.

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